

Partial Program List Segments

Session - Foundational work

Purpose: To develop a shared understanding of definitions of terms. To explore the ways in which we have all been socialized into our beliefs. To have participants identify the ways in which they have been socialized. To explore the ways socialization plays out and carries over to our personal lives.

Activities:

- Cycle of Oppression
- Cycle of Socialization
- Socialization Activity - Parallel Lines

Session – Where We Came From To Where We Are (Racism)

Purpose: To understand the history, current state and impact of racism in the United States. To explore how racism impacts our lives, personally and institutionally. Participants will share personal stories around race. This sharing is impactful for both people of color and white people. To explore how one's story of race may be both different and/or similar to others.

Session – White Privilege – Does Being White Make a Difference? (Racism)

Purpose: To provide an opportunity for participants to explore their White Identity and to unpack the unearned privilege this identity is given in the United States. To explore where and how White privilege manifests in our society so as to have a clearer understanding of how and why racism exists.

Session – Microaggressions and Skill Building (incorporates all issues)

Purpose: To explore how oppression plays out on a daily basis in schools, workplaces and communities and ways one might play into biases. This workshop will develop and give a chance to practice skills on how to interrupt bias when heard or seen.

Session – Courageous Conversations

Purpose: To provide practice in responding to those challenging conversations that may arise in the workplace. To practice interrupting bias and micro-aggressions and offer new techniques.

***Session – Do you know Current Language Around Gender? (Genderism)**

Purpose: This is an opportunity to explore and unpack gender: societies' gender roles and expectations. To explore transgender issues and the challenges that we, as a society have, to be inclusive and accommodating to this population.

***Session – Hail to Equality or Does Sexism Still Exist?**

Purpose: To explore the issues of cultural and institutional sexism and its effects in our society. To examine the inequality and inequity between men and women in the U.S.

***Session – Do you know Current Language Around Sexual Orientation (LGBQPA)? (Heterosexism/Homophobia)**

Purpose: To explore current language on sexual orientations: lesbian, gay, bisexual, queer, pansexual and asexual identities. To identify ways one can be supportive. To explore the issue of heterosexism/ homophobia, “coming out” and how one might be more inclusive.

Session – How do we Talk about Class? (Classism)

Purpose: To explore the issue of class in the United States. To examine the difference between wealth and income. To discuss the issue of increasing one’s “capital” and how to move beyond one’s immediate circle.

Session – How does Christian Privilege Affect Us and Our Surroundings?! (Religionism)

Purpose: To explore the religious history of the U.S. and how our society has advantaged one group of religious and spiritual beliefs over all others. To have participants explore Islamophobia and anti-Semitism in the U.S.

Session – Let’s Give Some Attention to Ableism!

Purpose: To examine the many aspects of ableism: developmental, emotional, physical or psychiatric. To review the medical and social models and ableist language.

Session – Ageism and Adultism - it Affects ALL of Us Regardless of your Age

Purpose: To examine stereotypes and discrimination against elders and youth in our society. To examine the ways we are socialized to interact with either end of the spectrum of age. To explore ways we can interact with youth and elders that value each group.

Session – Sizeism: The “F” word: Weight Bias and How Society Makes Us Feel Badly About Our Bodies

Purpose: This workshop explores fatphobia and how the multi-billion-dollar weight loss industry teaches us to feel badly about our own bodies and to treat others badly based on their body size. This workshop teaches you to recognize how weight bias shows up in your personal and professional life.

****Genderism, sexism and heterosexism work very well together, though there is crossover we recommend keeping all three sessions separate. Each can easily fill 2 to 2½ hour workshops.**

For more information or to schedule a program contact: Lisa Tatko ltatko@nccj.org